

# BRFSS

## Fact Sheet

# Diabetes



Tennessee  
Department of Health

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### Definitions:

**Diabetes:** Group of diseases marked by high levels of blood glucose resulting from defects in insulin production and/or action.

**Pre-Diabetes:** Blood glucose levels are elevated but not high enough to be classified as diabetes.

### References:

1. American Heart Association. *Heart Disease and Stroke Statistics – 2006 Update*. Dallas, TX: AHA; 2006
2. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.
3. Hoyert DL, et al. *Deaths: Final Data for 2003*. National Vital Statistics Reports; Vol 54 No 13. Hyattsville, MD: National Center for Health Statistics. 2006.
4. Centers for Disease Control and Prevention ([www.cdc.gov/brfss](http://www.cdc.gov/brfss))  
U.S. data includes DC and territories.

Prepared by the Tennessee Department of Health; Office of Policy, Planning and Assessment; Surveillance, Epidemiology and Evaluation section based on 2005 TN Behavioral Risk Factor Surveillance System data.

Approximately 20 million Americans have diabetes and almost a third of them do not know they have it.<sup>1</sup> An additional 14.7 million people are pre-diabetic and at increased risk of developing the disease.<sup>1</sup> In the United States, diabetes is the leading cause of non-traumatic amputations, blindness among working-aged adults and end-stage renal disease, and it is the sixth leading cause of death.<sup>2,3</sup> Two of the Healthy People 2010 objectives are to reduce the rate of clinically diagnosed diabetes to 25 per 1,000 population and to reduce diabetes-related deaths to 45/100,000.<sup>2</sup> Reducing risk factors for diabetes (obesity, sedentary lifestyle) and improving diabetes management are important for reaching these goals and for increasing the quality and years of healthy life for all Tennesseans.

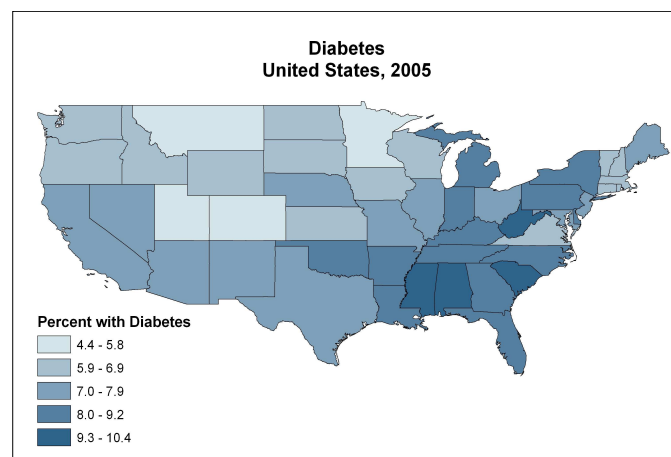
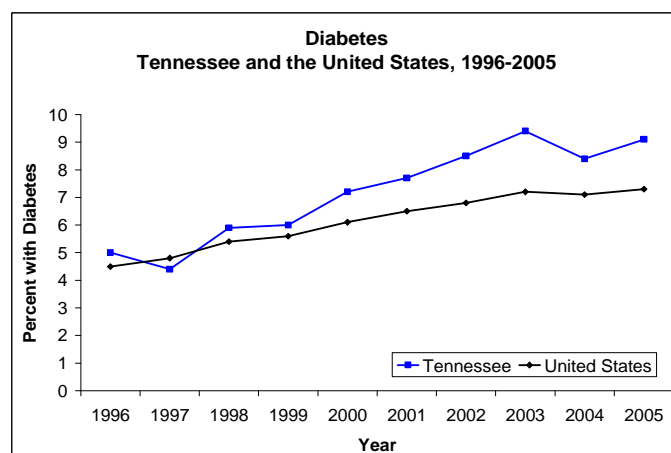
- In 2005, 9.1% of adults in Tennessee reported having been told by a health care provider that they have diabetes, compared to 7.3% for the United States.<sup>4</sup> Among all 50 states, the percentage of diabetic adults ranged from 4.4% in Alaska to 10.4% in West Virginia.<sup>4</sup> Compared to other states, Tennessee had the 6<sup>th</sup> highest percentage of diabetic adults.
- The percentage of Tennessee adults with diabetes almost doubled between 1996 and 2005, from 5.0% to 9.1%.

- The prevalence of diabetes was highest among black females (13.2%), followed by white males (9.0%), white females (8.8%) and black males (8.4%).

- The prevalence of diabetes increased with increasing age, from 0.8% in 18 to 24 year olds to 19.0% in those 65 years and older.

- Age at diagnosis with diabetes ranged from 6 to 87 years, with a mean of 49 years.

- 17.2% of diabetic adults were diagnosed within the past year, and 44.0% were diagnosed within the past 5 years.

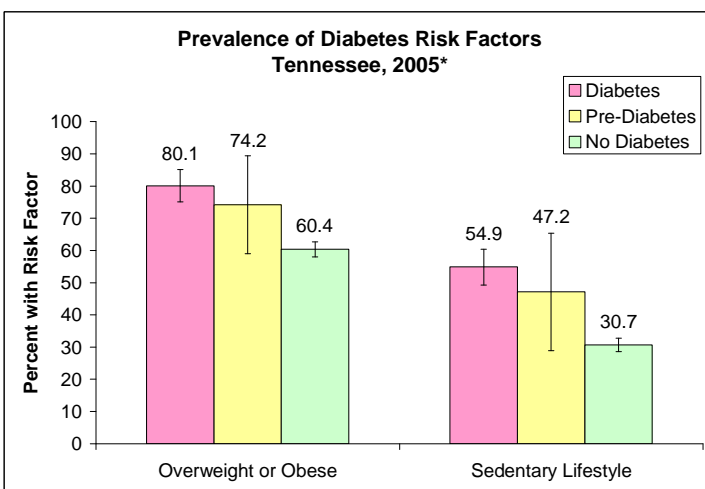
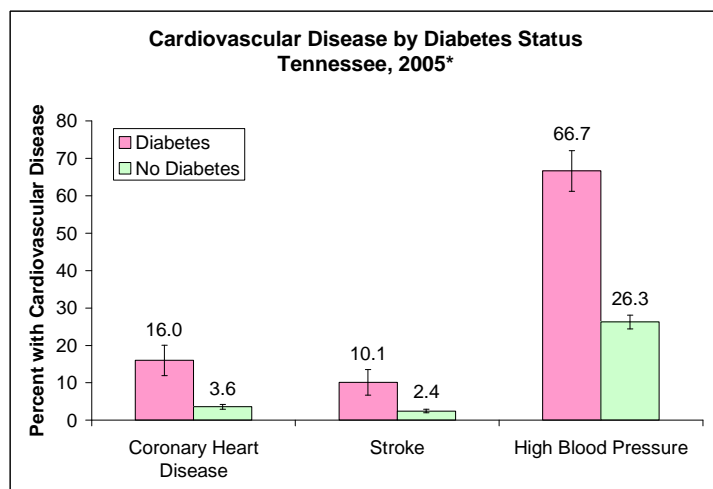
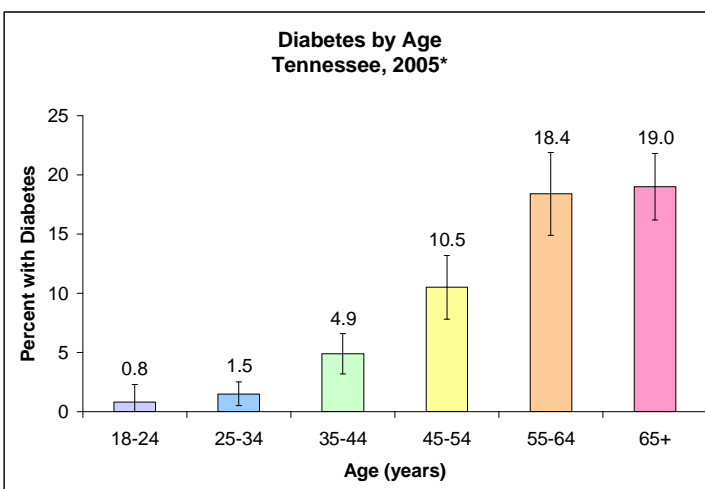
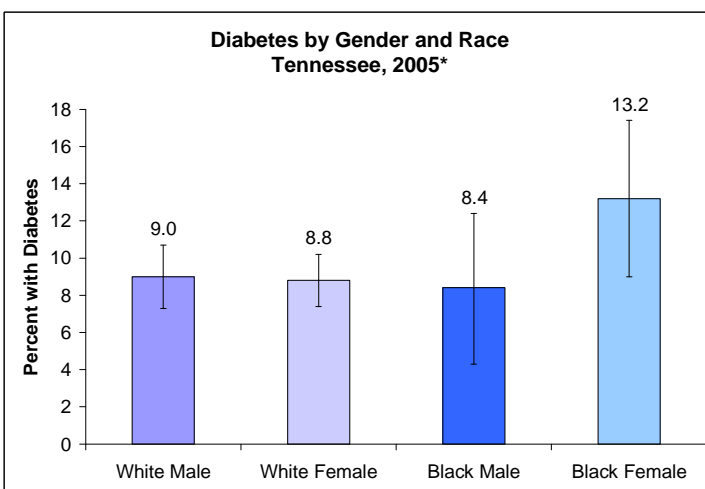


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- Adults with less than a high school education ( $16.7\% \pm 3.5$ )\* had the highest prevalence of diabetes. Among those with higher levels of education the prevalence was: high school graduate or GED  $9.6\% (\pm 1.7)$ , some post-high school  $7.9\% (\pm 1.9)$ , and college graduate  $6.1\% (\pm 1.7)$ .
- The prevalence of diabetes decreased with increasing annual household income, from  $15.8\% (\pm 4.2)$  for those with an income of less than \$15,000 to  $4.9\% (\pm 2.2)$  for those with an income of \$75,000 or more.
- Coronary heart disease and stroke were approximately 3 times more common in persons with diabetes than in those without the disease. High blood pressure was one and a half times more common in those with diabetes.
- Persons with diabetes were more likely than those without the disease to be overweight or obese ( $80.1\%$  vs.  $60.4\%$ , respectively) and to have a sedentary lifestyle ( $54.9\%$  vs.  $30.7\%$ ). The prevalence of overweight/obesity and of sedentary lifestyle among pre-diabetic adults was intermediate to the other two groups.



\*The number above each column indicates the percent value for that column. Error bars represent 95% confidence intervals, as do ranges for percentages given in the text.